2006-07 Area Plan Update Assignments

Basic Needs

Objective	Completion	Staff
-	Date (December	
Affordable Housing1. Maintain affordable housing for older adults or adults with disabilities. (Baseline: 27)	2007)	МС
 Maintain the level of Section 8 vouchers for case management clients. 		
 Work with Advisory Council and service providers to advocate for increased funding and preservation of existing low-income housing in King County, e.g. Seattle Housing Authority's Yesler Terrace. 		
 Maintain the number of prevention eviction services provided for seniors and adults with disabilities. Work with the Committee to End Homelessness in King County 		
to address issues affecting seniors.		
Mobility		
2. Increase by 100 the number of older adults and people with disabilities who access rides via neighborhood shuttles. [Baseline: 698]	(December 2004)	MC + LW
 Support efforts to maintain transportation funding for community shuttles throughout King County similar to the North Bend and Beacon Hill systems. 		
 Convene regular key transportation partners to advocate for funds to coordinate transportation systems that serve mobility needs. 		
 Formalize a coordinated special needs transportation vision for King County. 		
 Participate in transportation policy setting meetings. 		
 Accessing Appropriate Benefits and Services Increase by 2,000 the number of older adults and their caregivers who request assistance with finding appropriate benefits and services. (Total Benefits CheckUp and I&A Baseline: 8,048) ▶ Advocate for funding and development of the new county-wide 2-1-1 system of access to information provide a seamless connection to the existing Senior Information & Assistance (I&A) systems. (December 2007) 	(December 2007)	
 Translate education and outreach materials on 30 topics to inform limited/non–English speaking elders of service options. (2002 Baseline: 20 topics) 		
Make presentations in the community about the Benefits CheckUp prescription drug discount eligibility screening capabilities, and offer assistance with completing application forms.		LW
Improve access to benefits and services for older adults who are deaf, hard of hearing and/or vision impaired.		
 Benefits Rx – Increase prescription drug awareness through Medicare Part D (outreach, education and enrollment) 		LW

	Objective	Completion Date	Staff
4.	 Increase by 50 the number of Native American elders who access ADS-funded services. (Baseline: 375) Work in partnership with Native American community members to develop a best practices model that incorporates traditional roles of elders, intergenerational contact & connections, and accepts and respects traditional Indian family networks. Develop a sustainable transportation program which meets the needs of Native American Elders in King County Increase outreach and education to Native American communities. 	(December 2007)	KW
5.		(December 2005)	KW
6.	Promote supportive environments within the mainstream community in which lesbian, gay, bi-sexual and transgender (LGBT) older persons, caregivers and persons with disabilities have access to necessary health and social services. Advocate that the health and aging service organizations in King County conduct a series of training events for their staffs and boards. Seek funding to develop a major Summit within mainstream health and social service delivery systems and the communities they serve to address the health care access needs of LGBT older persons and persons with disabilities. Explore potential partnerships with the Greater Seattle Business Assn. and seek funding to conduct a broad-based communication strategy to educate and increase the visibility for persons who are GLBT.	(December 2007)	MC
	services. (Baseline: 1,081) Provide 10 Gatekeeper trainings per year in rural areas of King	(December 2004) (December 2005)	
9.	 County. Provide funding for Access to Benefits Coalition (ABC) outreach for rural areas to low-income senior who are not Medicaid eligible. Advocate for at least 20 more-affordable housing units with services to support aging in place in one rural area that has the greatest need. Partner with non-profit developers to coordinate an affordable housing project with services. Coordinate with housing organizations to promote more housing options for older people. 	(December 2007)	LW MC

Health and Well-Being

Health and Well-Being	Completion	
Objective	Completion Date	Staff
Disease Self-Management 1. Increase by 1000 the number of older people living in King County who seek information and assistance regarding disease prevention measures which they can take to reduce depression, improve nutrition, increase immunity to influenza, increase their physical	(December 2005)	
 activity, prevent falls, stop overuse of alcohol and prescription drugs. (Baseline: 120,894 Web hits and Calls) Participate in the Healthy Aging Partnership, a coalition of aging organizations sponsored by Public Health: Seattle-King County. Create messages on nutrition, fall prevention, physical activity, immunization, depression, and recognizing the signs of misuse of 		PP
 alcohol and prescription drugs for radio and print media. Promote awareness of disease prevention and self-management in the on-line Seniors Digest Magazine. (Baseline: 6 articles per year) Work with ADS partners serving limited English speaking communities to provide select Seniors Digest articles for their 		ML
 clients. (I HAVEN"T SEEN THIS IDEA BEFORE- ML) Sponsor one educational forum per year on health promotion for professionals in the aging field. Sponsor one educational forum per year on health promotion for older adults. 		ĸw
 Demonstrate how chronic conditions self-management by the aging network can reduce health care costs and improve health outcomes. (Baseline: In process) Seek funding for pilot projects that focus on prevention and self-management for frail, seniors residing in the community. Investigate partnerships with the Seattle Parks and Recreation Department to develop recreational and physical activities for area seniors. 	(December 2007)	RC
 3. Increase by 50 the number clients in the case management program whose chronic diseases are under control and improve health outcomes. Chronic diseases that will be targeted include depression, diabetes, hypertension, heart disease, chronic pulmonary obstructive disease, Parkinson's disease, and arthritis. (Baseline: In process) Expand the chronic disease registry beyond clients with diabetes to include clients with heart disease, hypertension, and other chronic diseases. Seek resources to expand the chronic disease interventions to subcontracted case management agencies, targeting communities of color. Increase the number of registry clients who receive medication monitoring, nutrition counseling, depression, and physical activity interventions. Seek funding to address over-weight and obesity in older adults. Seek funding resources to address health disparities among clients within communities of color. Evaluate the effectiveness of and quantify medical cost savings for case management clients receiving chronic disease interventions by connecting with Medical Assistance 	(December 2005)	AY

	Objective	Completion Date	Staff
4.	 Increase by 500 the number of older adults who participate in regular physical activity. (Baseline: 2,528) Expand the Sound Steps walking program countywide. Increase by 100 the number of seniors involved in physical activities at congregate nutrition sites. 	(December 2004)	
	 Launch the SHAPE-UP King County website that lists physical activity resources by neighborhood 	Done	ML
	 Increase by 1000 the number of hits to the SHAPE UP King County website that lists physical resources by neighborhood. (2004 Baseline: 254) 	•	ML
5.	Increase by 30 the number of older adults whose symptoms of depression and misuse of alcohol and prescription drugs are alleviated.	(December 2005)	AY
	 Increase participation in the PEARLS program or other similar program using a problem solving model specifically designed for older adults.(Baseline: 23) 		
	 Seek funding to replicate the PEARLS model with limited English speaking refugees. (Baseline: 0) 		LW
	 Seek funding to replicate the PEARLS model with South King County residents and other service providers. Work with King County to expand the Geriatric Regional Assessment Team's work with older adults dealing with alcohol 		
	 or drug abuse. Feature an article in the Seniors Digest regarding older adults and drug/alcohol addictions. 		ML
6.	Maintain the number of refugee elders participating in culturally appropriate health promotion activities. (Baseline: 130) Partner with health promotion providers in refugee/immigrant communities to develop culturally appropriate activities.	(December 2004)	LW
	trition		
8.	 Increase by 300 the number of low-income older adults in the congregate meal program. (Baseline: 4,046) Increase by 200 the number of senior meal program participants who consume five servings of fruits and vegetables a day. (Baseline: 1,450) Seek funding to expand the Senior Farmer's Market program to 25% more meal program participants. Pilot test intergenerational gardening at a meal site to increase fresh produce used in preparing congregate meals. Partner with a local university to evaluate the effectiveness of the congregate meal program's ability to attract participants and on the impact of participation on the health and nutritional status of participants. Explore partnerships with community colleges culinary arts program to enhance senior nutrition with healthier choices. 	(December 2005) (December 2005)	
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Social and Civic Engagement

Social and Civic Engagement			
	Objective	Completion Date	Staff
Un	iversal Design		
1.	Increase by 50 the number of universally designed public housing	(December	MC
	units built. (Baseline: 0)	2007)	
	 Partner with non-profit housing developers and public housing 		
	authority architects and planners to educate developers and		
	builders about housing designed for the lifespan.		
	 Advocate that universal design principles be incorporated into 		
	public housing requirements.		
2.	Increase community awareness of universal design principles.		
	(Baseline: 11 Events and Articles)	(December	MC
	 Build partnerships with architecture, design and urban planning 	2007)	
	programs at universities to promote aging-sensitive design		
	principles into their curriculum.		
	 Work with local media to showcase local design success stories, 		
	including two feature articles each year in the on-line Seniors		
	Digest Magazine. (2006)		
	 Participate in county-wide educational forums. 		
	 Convene a task force (including senior centers) to further define 		
	objectives for social and civic engagement, including advocacy		
_	and social action, focusing on the Northgate Commons Project.	(December	
3.	Coordinate with United Way and other intergenerational aging	2006)	KW, P&A
	providers on social and civic engagement efforts.	(December	
4.	Increase by two the number of neighborhood revitalization projects	2005)	
	that include elder-sensitive design principles in their planning and	2003)	
	policy documents.		
	(Baseline: 0)		
	 Advocate for the "design charette" model of neighborhood 		
	planning to create pedestrian-friendly neighborhoods that		
	improve physical activity, strengthen the sense of community,		
	reduce car trips, improve access to community centers and		
	other spaces (parks, libraries, gardens).Build partnerships with planning departments, including City		
	Councils and research initiatives, to promote and offer		
	incentives to developers for designs that will provide elder-		
	friendly environments.		
	 Build partnerships with key stakeholders to offer educational 		
	forums, workshops, or regular meetings in order to educate		
	partners regarding the importance of active living by design		
	across the life span.		
	 Work with local media to educate seniors, groups and 		
	organizations about active living by design.		
	 Collaborate with the Neighborhood Quality of Life Research 		ML
	(NQLS) team to deploy a walkability study with adults 60 and		
	over in King County.		
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	Objective	Completion Date	Staff
En	gagement		
5.	 Increase by 300 the number of seniors trained in "Seniors Training Seniors in Computer Basics" program. (Baseline: 270) Investigate opportunities to partner with programs that refurbish donated computers. Investigate ways to provide homebound elders with training and access to technology. 	(December 2005)	PLB
6.	 Increase by 100 the number of older adults who are actively engaged in community life, through paid employment or volunteer referrals. (Baseline: 380 paid employment, 120 volunteer referrals) Increase community awareness of positive aspects of aging by inviting national speakers to community discussions such as Town Hall and City Club. Seek funding to enhance programming at senior and community centers to help older adults visualize healthy, active retirement options, and provide access to community resources in volunteering, healthy aging, continuing education, and employment a "one-stop shopping" center for retirement planning. Ensure that the 211 system connects with volunteer 	(December 2005)	
	 Ensure that the 211 system connects with volunteer opportunities for older adults. Partner with faith-based programs to promote volunteerism. 		
	Promote Seniors Digest as an internet tool and increase subscribers to 500. (Baseline: 304)	(December 2005)	ML
8.	Assist the Washington Association on Area Agencies on Aging (W4A) in launching advocacy website. Increase the number of advocacy tool subscribers to 100. (Baseline 0)	(December 2006)	ML

Independence for Frail Older Adults and People with Disabilities

Independence for Frail Older Adults and People with Disabilities					
	Objective	Completion Date	Staff		
Fa	Family Caregiving				
1.	, , ,	(December			
	supportive information that guides their long term care choices.	2005)	MC		
	(Baseline: 1,108)	-			
	 Conduct physician outreach to identify at-risk caregivers by 				
	providing offices with supportive information for referring patients.				
	 Facilitate the discussion of "caregiver burden" health indicators 				
	between physicians and caregivers in order to assist caregivers				
	to obtain access to services				
	 Inform Developmental Disabilities network about the availability 				
	of family caregiver support resources.				
	 Develop a pilot program regarding caregiver education for 				
	employers and employees.				
	 Investigate the use of evidence-based tools for reaching family 				
	caregivers.				
	 Feature 12 caregiver related articles each year in the on-line 		ML		
	Seniors Digest Magazine.				
	 Create messages on caregiver support, training and counseling. 				
2.	Increase by 50 the number of family caregivers whose confidence to	(December			
	cope with the burden of caregiving is improved. (Baseline: 44)	2006)			
3.	Increase by 50 the number of people from Latino communities who	(December			
	access family caregiver resources. (Baseline: 17)	2004)			
	se Management Services	•			
4.	Seek funding to expand Respite Program services.	(December			
5.	Increase the number of referrals to DSHS for clients screened as	2006)			
	potentially eligible for Medicaid in-home long term care programs by	-			
	10%. (Baseline:)	(December			
	 Coordinate with Senior I&A to target marketing materials to HUD 	2007)			
	funded apartment buildings and other low-income housing	-			
	providers.				
	 Develop outreach materials that highlight ADS programs and 				
	services (posters, brochures, public service announcements,				
	etc.)				
	Build capacity to accommodate potential limited English speaking				
	clients (e.g. Russian, and East African)				
	stem and Quality Improvements	(December			
6.	Explore funding for contracting for extended after hour and weekend	(December 2006)			
Į Į	availability of Senior Information & Assistance, case management	2000)			
	and RN consultation.	(Docombos			
7.	Convene annual information-sharing sessions for representatives of	(December			
	the Developmental Disabilities and Aging networks (Baseline: 0)	2005)			
8.	Investigate funding possibilities for increasing the availability of case	(December			
	management and Information and Assistance.	2006)			
9.	Increase home care worker wages by \$1.00 per hour. (Baseline:	(December 2)			
	\$8.43/hour)	(December	1.30/		
	 Advocate for increased worker wages and benefits in accordance 	2005)	LW		
Į Į	with a livable wage standard.				
Į Į	 Work with Advisory Council and community partners to sponsor a 		LW		
	Legislative Forum with key legislators invited.		_ LVV		

Objective	Completion Date	Staff
 10. Redesign the automated homecare referral program to be used with the CARE Assessment Tool. (Baseline: In process) Increase case manager utilization of the Home Care Referral system to formalize the start dates of home care services and to improve coordination between case management and home care agencies. 	(December 2007)	AY
11. Review the new Medicaid Medically Needy In-Home Waiver program to assess impacts on clients.	(December 2006)	
 Elder Abuse 12. Increase the number of referrals by gatekeepers to Adult Protective Services. (Baseline: 2,312) Enhance gatekeeper system that will provide training to bus drivers, faith-based, rural and neighborhood communities and business, on signs of abuse and resources on where to report suspected abuse. Provide training to older adults on warning signs of escalating and potentially abusive situations. Provide training to older adults on where to turn for help in times of abusive situations. Distribute pamphlets describing assistance available through Senior I&A and the Crisis Clinic Coordinate efforts with county-wide Elder Abuse Team. Advocate for increased funding to facilitate guardianships and protective payee services for very low-income seniors. Feature two elder abuse related articles each year in the on-line Seniors Digest Magazine. 	(December 2005)	JE ML